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Your essential daily news | THURSDAY, FEBRUARY 2, 2017

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Stephan Guscott, left, and Shifrah Gadamsetti are gearing up for Saddledome showdown.
JENNIFER FRIESEN/
FOR METRO



FACE OFF

Crowchild Classic between Dinos and Cougars heating up
metroNEWS

Over or under 25th Ave., that is the question

CTRAIN

City studying options to remove crossing from intersection



Brodie Thomas
Metro | Calgary

The City of Calgary wants the train crossing at 25 Avenue SE and Macleod Trail out of the way.

The question now is — do they go over or under?

That's what an upcoming study by the city's Transportation Planning department study will decide.

With longstanding plans dating back to the 1970s for an interchange at 25 Avenue SE and Macleod Trail officially off the books, the focus is now on getting the train out of the picture.

"We determined that the interchange we were proposing to build was unbuildable," said area Coun. Gian-Carlo Carra. "What we're proposing is that a different approach

makes more sense."

Anyone who's driven that intersection at rush hour can tell you it's not pretty.

Zoran Carkic, senior transportation engineer with Transportation Planning, said the problem is that the train always gets the right-of-way at the intersection.

"The train is always accommodated first — that causes operational issues with other traffic and pedestrians," he said.

The train almost immediately goes underground just south of where it crosses 25 Avenue SE. That means the option of going over could result in a sudden rise followed by a sudden dip for southbound trains.

It might seem that lowering the grade to match would be the best engineering option, but the city isn't ruling out either choice at the moment.

As with any project, public consultation will be starting up later this month.

And these are very early days. Carra noted the project is unfunded, and until this study is complete, there's no price tag on the fix.



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CALGARY



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Lot 14-34: Urban Townhome, The Opus Corner 'Craftsman', 1,361 Sq.Ft. \$369,990 3 bed, 2.5 bath

Included Upgrades: Gas fireplace, pot lights and quartz in kitchen, laminate and tile flooring, upgraded carpet throughout second floor, rec room ready package in basement, washer & dryer, corner lot location with south facing balcony, upgraded paint.



Lot 11-21: Village Home, The Swing 'Contemporary', 1,410 Sq.Ft. \$279,990 2 bed, 2.5 bath

Included Upgrades: Pot lights in kitchen and over main tub, upgraded kitchen cabinets and paint colour, upgraded quartz in ensuite and kitchen, upgraded carpet on upper floor and stairs, upgraded faucet in powder room, subway tile backsplash in kitchen.



AIRDRIE



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Lot 18-05: Double-Car Garage Home, The Emerald 'Prairie', 2,065 Sq.Ft. \$439,990 3 bed, 2.5 bath

Included Upgrades: 9' main floor, bath oasis, rec room ready Pkg, pot lights in kitchen and over main tub, under cabinet lighting, full depth fridge cabinet, maple railings and hardwood, upgraded carpet, kitchen backsplash, cabinets, and paint colour, quartz in ensuite, washer/dryer and blinds.



Lot 18-10: Double-Car Garage Home, The Kingsley 'Prairie', 1,758 Sq.Ft. \$439,990 3 bed, 2.5 bath

Included Upgrades: 9' main floor ceiling, rec room ready pkg, gas fireplace and hardwood in great room, bath oasis, metal spindle railing, master cabinetry pkg, full height cabinets, knockdown ceilings, upgraded carpet and trim, tile in all wet areas, granite and upgraded backsplash in kitchen.



Lot 18-02: Double-Car Garage Home, The Opal 'Colonial', 2,328 Sq.Ft. \$449,990 3 bed, 2.5 bath

Included Upgrades: 9' main floor, bath oasis, rec room ready pkg, upgraded full height cabinets, kitchen backsplash, carpet, and paint colour, under cabinet lighting, full depth fridge upper, pot lights, maple railings and hardwood, glass shower in ensuite, quartz in ensuite, washer/dryer and blinds.



Lot 19-03: Double-Car Garage Home, The Garnet 'Colonial', 2,255 Sq.Ft. \$479,990 3 bed, 2.5 bath

Included Upgrades: 9' main floor with 8' doors, great room open to foyer, bath oasis, rec room ready, pot lights, ensuite glass shower and quartz, under cabinet lighting, full depth fridge upper, upgraded maple painted full height cabinets and railings, upgraded carpet, hardwood, washer/dryer and blinds.



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CITY HALL

Paddling towards a river access revamp



Making a splash might get easier, as the city moves toward improving how Calgarians can access the city's rivers.

Councillors unanimously voted in favour of city administration's proposal to completely revamp the recreational waterway accesses at Wednesday's Community and Protective Services committee meeting. It will go before council

for a final pass before work on improving the banks of the Bow begins.

"I think this is a really important first step," said Coun. Brian Pincott. "But boy, we've got to make sure we're on top of this, and that we're paying attention to the impacts on the environment in doing this, that we're not affecting the habitat by increased activity."

The proposal would see boat launches go from three sites to 10 on the Bow River alone, and it would formalize a number of "hand launch" sites, adding 14 locations for smaller crafts like canoes and kayaks to launch from.

If fully implemented, the cost would ring in at \$7.7 million to build ramps and apply for legal access to the water. The operating budget for the program would be \$500,000 annually — that sum includes educational programs.

\$7.7M

The city's fully-realized plan to revamp Calgary's recreational waterway accesses would cost **\$7.7 million**.

IMMIGRATION

Premier willing to accept more refugees

Alberta is willing to accept more refugees if the federal government decides to lift a cap on how many can come to Canada, says Premier Rachel Notley.

She said the premiers had a conference call with Prime Minister Justin Trudeau last weekend about the United States and the issue of refugees came up.

Notley said she believes Ottawa is considering such a move.

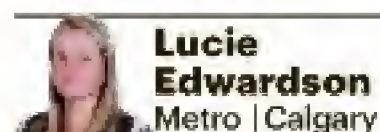
"Certainly we indicated to them at the time that we would be very happy to work with them to increase that number if that is the direction they choose to go," Notley said Wednesday.

"We also had conversations about ensuring that there are adequate levels of support from the federal government to the provinces who receive these refugees." THE CANADIAN PRESS

'I'm done': Officer's resignation final

POLICE

Ex-member of force touched by response to her decision



Support has poured in for the 14-year Calgary Police Service veteran who resigned publicly at the Calgary Police Commission meeting Tuesday.

Jen Magnus Ward was the final speaker at the public portion of the CPC meeting Tuesday, and she delivered an emotional resignation before a stunned commission panel.

"It was a defining moment for me when members of the Calgary police, my brothers and sisters, attacked me and many others who were victims of bullying and sexual assault and sexual harassment through the media," Ward said in her resignation.

"Being called entitled and sensitive was not only hurtful, a fact that no one in the CPS leadership stood up to counter those comments reaffirm for me how entrenched the issues within the organization are."

She told Metro on Wednesday the response to her resignation has been overwhelming.

"I was shocked," said Magnus



"They've been sending emails to my husband and telling him we're so proud."

Jen Magnus Ward

Former CPS member **Jen Magnus Ward** delivered an emotional public resignation at a Calgary Police Commission meeting Tuesday. HELEN PIKE/METRO

Ward, noting widespread support from both police officers and friends.

"It's been amazing. They've been sending emails to my husband asking for my personal email and telling him we're so proud, it was really courageous of Jen to do this. She's now given us hope."

Immediately following Magnus Ward's resignation Tuesday, Calgary Police Chief Roger Chaf-

fin said he wouldn't accept it.

"That's not the way that you would accept any letter of resignation," he said. "You can see how emotionally charged she was and the difficulty in that presentation."

But Magnus Ward said her decision is final.

"No, I'm done," she said.

Former CPS detective Marlene Hope, who's a close friend of Magnus Ward, said the decision

to resign at the CPC meeting wasn't made lightly.

"It was important for Jen to put a face to the stories that have been coming forward so they understand the impact their lack of action has had on members," said Hope.

"She really is just the tip of the iceberg. She's one story of many that exist out there of people that are broken by a broken system."



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Child bone pieces found in ash

GARLAND TRIAL

Fragments of adult bones also recovered, court hears



Lucie Edwardson
Metro | Calgary

Bone fragments of a child, possibly under five, and more for a grown adult were discovered among materials provided to the medical examiner's office, a court heard Wednesday.

Douglas Garland, 57, is accused of killing Alvin and Kathy Liknes and their grandson Nathan O'Brien, 5, who was having an impromptu sleep-over with his grandparents June 29, 2014. Their bodies were never recovered.

Dr. Elizabeth Brooks-Lim, Alberta's chief medical examiner, testified Wednesday in relation to cause of injury to human body, signs of death or trauma as well as blood patterns at the Liknes home.

While being cross-examined, however, Brooks-Lim was questioned about bone fragments she had earlier said they believed to be animal found in ash from the Garland burn barrel pile.

"And they were animal," said defence lawyer Kim Ross.

"Well, no," said Brooks-Lim, who went on to cite the report of her colleague, who indicated she believed some of the fragments to be human — possibly for a child under five and an older adult.

The medical examiner said, in general, when a body is burned in a crematorium, bones and flesh turn to ash around 1,000 degrees Celsius.

Brooks-Lim also told the court that based on blood patterns and stains found at the Liknes home she believed the victims likely suffered significant head trauma.

"It's difficult for me to say with absolute certainty that they suffered fatal injuries at the house," she said. "They could have been alive."

Brooks-Lim said if the victims had been hit in the head they would have bled signifi-



Contents of a black duffel bag located in an outbuilding of the Garland farm, similar to contents described in document called *Hitman* on hard drive found hidden in rafters in the Garland home. CONTRIBUTED

cantly and could have been rendered unconscious.

Const. Brian Clark with the Calgary Police Service cyber investigations team also took the stand Wednesday to take jurors through documents found

on the hard drive discovered hidden in the rafters of the basement of the Garland home.

The hard drive contained manuals on subjects like how to become an assassin, what weapons to use and torture

methods. One of the how-to-kill books located on the hard drive told readers of how to "stop the breathing, start the bleeding," Clark said.

Another book, called *Hitman*, told readers to put togeth-

er a duffel bag containing everything they needed to commit the act of killing.

The list of items included handcuffs, a six-inch double-edged knife with a serrated blade, a ski-mask, surgical gloves and a screwdriver.

A black duffel bag containing similar items was located in an outbuilding on the Garland farm.

Defense lawyer Jim Lutz confirmed with Clark that the items in the bag from the Garland farm differed from those on the list.

Further documents found on the hard drive included a file about the Likneses that Clark called a "cumulative intelligence document of Alvin Liknes and his family members," as well as information in relation to a patent filed by Alvin and more about his business interests.

In their opening statement, the Crown said they intended to prove that Garland "meticulously" planned to kill the Likneses over a petty grudge stemming from work Garland did on an oil and gas pump for Alvin.

ASSAULT SURVIVORS

Acquittal will deter women: Experts

Experts say a man's acquittal in a sexual assault retrial in Calgary could lead to fewer women willing to lay complaints when they've been assaulted.

Alexander Wagar was found not guilty a second time on Tuesday in a trial ordered as a result of controversial com-

ments by the original judge in 2014. Judge Robin Camp now faces removal from the bench after asking the complainant in the first trial why she couldn't keep her knees together.

Kim Stanton with the Women's Legal Education and Action Fund is worried that cur-

rent and future victims will be afraid to go through the courts.

The Crown in the case was also concerned by the verdict. Prosecutor Janice Walsh said she expects a cooling effect in the number of women willing to come forward.

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Faceoff with a fun goal

UNIVERSITY HOCKEY

Time again for the crosstown smackdown



Helen Pike
Metro | Calgary

A battle royale is brewing between neighbouring — and for one night only, rivalling — schools to take home a treasure most would consider trash.

On Thursday, the men's and women's varsity hockey teams for both the University of Calgary Dinos and Mount Royal University Cougars will face off under the Saddledome in front of a packed house to win, and help steal the ultimate trophy, a 68-kilogram cast-iron City of Calgary manhole cover, at the end of the season.

Commonly known as the crosstown smackdown, the popular event has been growing for five annual puck drops. This year, the event is sold out online, which means at 14,000 tickets, the post-secondary schools may crush their national attendance record, set last year with 12,859



Stephan Guscott, left, and Shirah Gadamssetti gear up for the fifth annual Crowchild Classic, where the Dinos take on the Cougars in two hockey matches. JENNIFER FRIESEN/ FOR METRO

fans in the stands.

It's such a hit that students who have excess tickets are taking to Facebook to sell them — the tickets are free.

The two schools' executives have a friendly wager, the loser has to sport the opposing team's jersey, buy the winner a pack of craft brew and write and read an ode to the winning team's superiority.

And both sides are equally confident they will come out ahead. This year the stakes are particularly high, as so far year

to year, both Dinos and Cougars are at a tie for wins.

"Students are excited, I'm excited, it will be a crazy atmosphere to watch some really good hockey," said U of C Students' Union president Stephan Guscott.

Over at the Students' Association of MKU, Shirah Gadamssetti said it's about camaraderie, community spirit and school spirit.

"This is really the only event where we can handle the capacity of bringing this many people together," Gadamssetti said.

Candice Goudie, executive director of the Calgary Flames Foundation, said she's enjoyed watching the event grow, and thinking about filling two levels in the bowl is an amazing feat.

"It's a different demographic for us...and it's right where we want to be," Goudie said.

She said there are extra precautions taken for security at the Crowchild Classic.

"Because of the ages of people there, school setting, competition between the two, we just want to make it safe," Goudie said.

Steve Fitterer, vice-president Student Affairs and Campus Life Mount Royal University, said he extends a huge thanks to the Flames Foundation for the amazing event they help put on.

"It's just a really incredible give-back," Fitterer said. "We're exceptionally proud of this event, it brings the entire campus community together...you'd be amazed at the number of faculty and staff that bring their children to this event."

He described the community event as a friendly and respectful rivalry, and an incredible opportunity to see high quality men and women's hockey in an electric atmosphere.

INDIGENOUS RIGHTS

Métis Nation, province sign new agreement



Elizabeth Cameron
For Metro | Calgary

The Métis Nation of Alberta (MNA) signed a "much stronger" framework agreement with the provincial government than those of the past, MNA president Audrey Poitras said at a signing ceremony Wednesday.

"Quite frankly, it has been the lack of recognition and respect for our Métis self-governance structures and our Métis rights in the past that have been so destructive to our people," Poitras said.

The 10-year agreement is one of several signed by the provincial government and the MNA since 1987, but it's the first to acknowledge they will work together on a nation-to-nation basis.

"When the first agreement was negotiated, it was about recognition," Poitras said.

"We gradually got whittled down, and now we've come back to where we should have been quite a few years ago."

The agreement identifies government departments

33,000

Population of Métis people currently living in Alberta. The first framework agreement was signed by province and Métis Nation of Alberta in 1987.

for the nation to work with on issues such as Métis harvesting rights and the socio-economic well-being of more than 33,000 members of the MNA.

The MNA has also identified climate change, education, women's issues, employment and housing as key areas for them collaborate with the provincial government.

"It's important to have a shared understanding of the map forward," Premier Rachel Notley said at a news conference following the signing.

"We're committed to having more intentional conversations, but having (them) articulated in there will hold us accountable," Notley said. "It gives us a shared focus."

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CANADIAN MENTAL HEALTH ASSOCIATION

Policy factored in death of worker: Report

A report suggests failings in Alberta government policy were a factor in the death of a mental-health worker who was killed by a client with a long history of unpredictable, violent behaviour.

Valerie Wolski, 41, was alone with Terrence Saddleback in February 2011 when she was strangled in a Camrose, Alta., care home.

Saddleback weighed 300 pounds and stood six-foot-five.

He towered over Wolski, a Canadian Mental Health Association worker.

The fatality inquiry report says health agencies were arguing in the months before Wolski was killed over whether Saddleback should be cared for in a secure mental-health facility called the Michener Centre.

Judge Bart Rosborough said the province is responsible for ensuring proper care for developmentally disabled

people with complex needs.

"There were direct and immediate failings in this case which contributed to the death of Wolski."

The report says the Human Services Department knew in 2010 that Saddleback was so aggressive and dangerous that it took five RCMP officers to subdue him during a violent outburst the previous year.

Despite his history of violence, some Canadian Mental

Health Association staff were under the impression that Saddleback was considered to be a "teddy bear" and a "gentle giant."

Rosborough recommends that workers should not be assigned to care for people they can't physically manage and that women should not be assigned to care for clients who have demonstrated aggression toward girls or women.

THE CANADIAN PRESS



Camelia Campbell is independent, though visually challenged. ELIZABETH CAMERON / FOR METRO

'Conqueror' has a vision

GOFUNDME

Woman aims to raise \$15K for glasses that restore sight



Elizabeth Cameron
For Metro | Calgary

Camelia Campbell was not born to break.

Those four words are tattooed across a scar Campbell got from tumour removal surgery at 16 — the same tumour that robbed her of 80 per cent of her vision.

"It was pushing against my optic nerves, and it added so much pressure to them they got damaged," Campbell explained.

It was difficult to adjust to life without full sight and even eight years later, she struggles to accept it.

"I get lost all the time, people are very rude because they don't understand I can't see," Campbell said.

She can't read small print, experiences short-term memory loss, and has to hold her phone within inches of her face.

But Campbell is no victim. She's completely independent, working full-time and liv-

ing on her own. And she's taking addiction studies at Bow Valley College.

"I just turned 24 and moved out a few days before my birthday," Campbell said, smiling.

Now, she has her sights set on getting her vision back.

A company called eSight makes rechargeable glasses that house a camera capable of capturing the user's surroundings in HD video.

The footage is enhanced and projected on two screens, allowing the wearer to see what's around them with clarity.

"They can see what's happening instantly and with great clarity," said Jeff Fenton, director of marketing for eSight.

"It's really designed for movement between environments or tasks so mobility isn't compromised."

There's a catch — the glasses cost \$15,000, which Campbell doesn't have.

She's started a GoFundMe campaign, and plans to fundraise the entire cost.

"When these things happen, you just have to fight," she said.

"And I believe that I am a conqueror."

“

When these things happen, you just have to fight.

Camelia Campbell

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A heartbreaking return to mosque

QUEBEC CITY

Praying will not be the same, attendants say

Three Muslims returned to the Centre Culturel Islamique de Québec before dawn Wednesday for morning prayers, kneeling on carpets still blood-stained from the attack that took place.

The shoes of the six men shot dead were still at the entrance. Bullet holes pierced the walls. Blood stains blenished green and beige carpets.

Hearing it was reopened, members of the congregation trickled in slowly to see their place of worship forever changed.

"It's not the same feeling that I had felt (for this mosque)," Amel Henchere said between sobs. "Before the drama this was our place of culture, our place of peace ...



Blood stains are shown inside a Quebec City mosque on Wednesday. JACQUES BOISSINOT/THE CANADIAN PRESS

we'll never feel the same."

She added that it was important for her to come back to her community space, despite the grief, to fight her fears.

"It's hard for all of us to come back here and pray," agreed Ahmed Elrefai, who said there were three worshippers in attendance. "But people are urging

us to open as soon as possible. So we prayed, even with the blood on the floor."

A prayer mat and toppled microphone lay at the front of the room, soiled with blood and surrounded by broken drywall from the bullet holes that pierced the walls. Bloodstains trail down stairs into the basement, where

“

Before the drama this was our place of culture, our place of peace.

Amel Henchere

victims went into hiding after they had been shot.

Everything will change here, said Samir, who declined to give his last name, but administers the mosque's Facebook page.

Samir said police returned the keys to the congregation late Tuesday night. While the mosque is now open, he said that he doesn't believe the congregation will pray the same way again, with their backs to the door.

"We have fear behind us," he said. "I don't know how we will be able to turn our backs on that ... We have to find a way to protect ourselves." TORSTAR NEWS SERVICE

IDENTITY

Survey asks what it takes to be 'one of us'

Who is a "true Canadian?" For the majority of respondents in a new survey, it's somebody who not only speaks English or French but also "shares Canadian customs and traditions" — a marker that Canadians prioritized more than even the Australians, French or Americans.

With an eye on nationalist movements and rising anti-immigrant sentiment, the Pew Research Center surveyed more than 14,500 people in 14 countries by asking: What does it take to be "one of us?"

In a report released Wednesday, Pew researchers found language was the most critical factor for how people defined a "true" member of their nation, with the Netherlands, Hungary and United Kingdom placing the highest premium on it.

Canadians and Italians were the least likely to link language with national identity. But in Canada, 54 per cent of 1,020 respondents placed a high premium on shared "customs and

traditions" when defining the Canadian identity.

In Canada, 54 per cent of 1,020 respondents also placed a high premium on shared "customs and traditions" when defining the Canadian identity, with only Hungary, Greece and Poland showing larger proportions of people who prioritized shared culture — something that "jumped out" for Bruce Stokes, the author of the report.

"For whatever it means, Canadians seem to value customs and traditions more so than even people in the U.S. or in many of the European countries," said Stokes, director of Global Economic Attitudes with the Pew Research Center, a non-partisan think tank based in Washington, D.C.

Like all polls, this one has important limitations, including the fact the nebulous phrase of "national customs and traditions" was not defined and left for individual respondents to interpret.

TORSTAR NEWS SERVICE

54%

More than half of Canadians said "customs and traditions" are of high importance for our identity.

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Heartbreaking return to mosque

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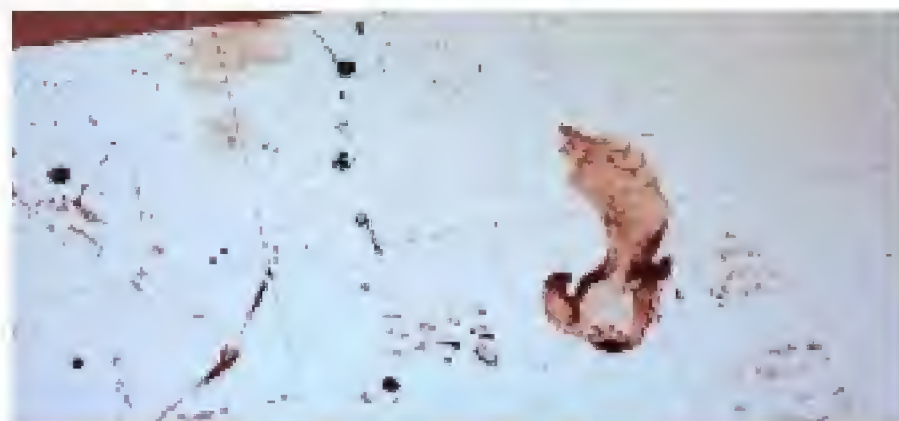
Praying will not be the same, attendants say

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Blood stains are shown inside a Quebec City mosque on Wednesday. JACQUES BOISSINOT/THE CANADIAN PRESS

"It's hard for all of us to come back here and pray," agreed Ahmed Elrefai, who said there were three worshippers in attendance. "But people are urging us to open as soon as possible. So we prayed, even with the blood on the floor."

A prayer mat and toppled microphone lay at the front of the room, soiled with blood and surrounded by broken drywall from the bullet holes that pierced the walls. Bloodstains trail down stairs into the basement, where victims went into hiding after they had been shot. Everything

will change here, said Samir, who declined to give his last name, but administers the mosque's Facebook page.

Samir said police returned the keys to the congregation late Tuesday night. While the mosque is now open, he said that he doesn't believe the congregation will pray the same way again, with their backs to the door. "We have fear behind us," he said. "I don't know how we will be able to turn our backs on that. We have to find a way to protect ourselves."

TORSTAR NEWS SERVICE

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IDENTITY

Survey asks what it takes to be 'one of us'

Who is a "true Canadian?" For the majority of respondents in a new survey, it's somebody who not only speaks English or French but also "shares Canadian customs and traditions" — a marker that Canadians prioritized more than even the Australians, French or Americans.

With an eye on nationalist movements and rising anti-im-

migrant sentiment, the Pew Research Center surveyed more than 14,500 people in 14 countries by asking: What does it take to be "one of us?"

In a report released Wednesday, Pew researchers found language was the most critical factor for how people defined a "true" member of their nation, with the Netherlands, Hungary

and United Kingdom placing the highest premium on it.

Canadians and Italians were the least likely to link language with national identity. But in Canada, 54 per cent of 1,020 respondents placed a high premium on shared "customs and traditions" when defining the Canadian identity.

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President Donald Trump holds an African-American History Month listening session in the Roosevelt Room of the White House on Wednesday in Washington, DC. AP/GETTY IMAGES

Black History Month talk all about Trump

POLITICS

President discussed evils of media and own triumphs

Happy Black History Month, everyone. Have you heard about the greatness and persecution of Donald J. Trump?

The president of the United States held an "African-American History Month listening session" in the Roosevelt Room of the White House on Wednesday. He began with a five-minute monologue that was more about himself — his campaign, his popularity, his alleged mistreatment by the media — than it was about African-Americans.

"OH. MY. EFFING. GAWD. Trump's Black History Month speech is an abomination," Sil Lai Abrams, author of the book Black Lotus, wrote in a representative post on Twitter.

Trump's remarks bore no resemblance to the Black History Month speeches of Democrat Barack Obama, the first black president, nor did they resemble those of Republican George W. Bush. Trump appeared more interested in the evils of the media

and triumphs of his own.

His third paragraph, for example, started with a lone sentence about the Rev. Martin Luther King Jr. It was followed by 10 sentences of media criticism.

Trump said King's "incredible example is unique in American history." Immediately, he pivoted to his oft-repeated gripe about a Time reporter's erroneous claim — which the reporter quickly corrected and apologized for — that he had removed a King bust from the Oval Office after moving in.

"You read all about Dr. Martin Luther King a week ago when somebody said I took the statue out of my office. And it turned out that that was fake news," Trump said.

Trump did not spend any more time discussing the other black icons he mentioned. About Frederick Douglass, the 19th-century slavery abolitionist and writer, Trump said in full: "Frederick Douglass is an example of somebody who's done an amazing job that is being recognized more and more, I notice."

He did not show that he was aware of the nature of Douglass's work or life. Neither did press secretary Sean Spicer when asked for clarification of Trump's comment. TORSTAR NEWS SERVICE

+ YEMEN

Trump makes unannounced trip to honour fallen Navy SEAL

Assuming the sombre duties of commander in chief, President Donald Trump made an unannounced trip Wednesday to honour the returning remains of a U.S. Navy SEAL killed in a weekend raid in Yemen.

Chief Special Warfare

Operator William "Ryan" Owens, a 36-year-old from Peoria, Illinois, was the first known U.S. combat casualty since Trump took office. More than half a dozen militant suspects were also killed in the raid on an al-Qaida compound. More than a dozen civilians were also killed in the operation.

THE ASSOCIATED PRESS



GLOBAL DIGEST

UNITED KINGDOM

Brexit inching closer

Britain moved closer to leaving the European Union Wednesday as lawmakers backed a bill authorizing divorce proceedings and kept alive the government's plan to trigger Brexit talks within weeks.

The House of Commons decisively backed the bill by 498 votes to 114, sending it on for committee scrutiny.

The result was a victory

for the Conservative government, which had fought in court to avert the vote out of fear Parliament would impede its Brexit plans.

Lawmakers also defeated a "wrecking amendment" proposed by the Scottish National Party that sought to delay Britain's exit talks with the EU because the British government has not disclosed detailed plans for its negotiations.

THE ASSOCIATED PRESS

IRAN

U.S. puts Iran 'on notice'

The White House issued a cryptic warning Wednesday that the U.S. will act against Iran unless it stops testing ballistic missiles and supporting Houthi rebels in Yemen, but declined to say what retaliatory actions the U.S. would pursue.

Michael Flynn, President Donald Trump's national security adviser, forcefully denounced Iran's behaviour in his first public remarks

since Trump took office.

He accused Iran of threatening U.S. allies and spreading instability throughout the Middle East while faulting the Obama administration for doing too little to stop the Islamic Republic.

"As of today, we are officially putting Iran on notice," Flynn said from the White House podium.

On notice for what, Flynn didn't say.

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CHANTAL HÉBERT ON THE PM'S ELECTORAL REFORM PROMISE



It is fair to ask whether Trudeau was ever serious about keeping his word to Canadians.

As recently as his town hall tour Trudeau was insisting that he was still interested in changing the voting system.

In early December, the prime minister similarly told the Star editorial board that he remained committed to having a new system in place by 2019.

"I make promises because I believe in them... Canadians don't expect us to throw up our hands when things get difficult," he proclaimed.

But things, as it turned out, never had a chance to get difficult.

For it is fair to ask whether Trudeau was ever serious about keeping his word to Canadians. From day one, his government's actions on the file never matched his words.

With a clock ticking on the logistical feasibility of replacing the first-past-the-post system in time for 2019, it took months for a special parliamentary committee to be set up.

Once it was in place, the government never advanced a position or tried, in any way,

to craft the consensus that it now says it has failed to find.

For months on end, the opposition parties and Canadians alike were left to try to divine Trudeau's thinking.

At times, it was as if the Liberals were going out of their way to ensure that no pattern could be discerned in the tea leaves they purported to be guided by.

They rejected both the notion of putting various options to a consultative referendum or of asking Canadians for their preference in the massive online consultation they engaged in at the end of last year.

In politics, a consensus is not like a rare mushroom only to be found by an extraordinarily lucky hunter. In any event, in this case, the government seemed more concerned with burying any hint of a consensus than unearthing one.

It is true that the exercise did not elicit much appetite for a ranked ballot, Trudeau's preferred alternative to the first-past-the-post system. But then it is not as if the govern-

ment even tried to make a case for it.

The opposition parties feel that they were taken for a yearlong ride, and it is hard to disagree with them.

As the sole elected MP of her party, Green leader Elizabeth May did double and triple duty last fall to participate in the process. Electoral reform is a long-standing priority of her party. On Wednesday she said she had never felt so betrayed by a government.

For his part, the NDP's Nathan Cullen called the prime minister a liar.

Expect parliamentary co-operation, going forward, to be hard to come by.

There are those who will argue that Trudeau is wise to walk away from his electoral reform promise as he needs to clear the decks to focus on the Canada/U.S. front.

But then one could make that same pronouncement about many other Liberal commitments including some that are more likely to act as irritants in dealing with the new White House. The plan

to legalize marijuana comes to mind.

The election of Donald Trump has brought about a major reallocation of government resources on Parliament Hill. But it would be easier to find virtue in the government's timing if it had shown one ounce of political will to fulfil its promise in the full year that preceded the American election.

Or if Trudeau had not continued to maintain he still meant to go through with changing the voting system months after Trump's victory.

The prime minister could have come to Canadians this week to say he had underestimated the time required to reform the system and that he needed to push back the deadline for achieving his goal beyond 2019. But Wednesday's announcement was about pulling the plug on the plan, not about recasting it.

Canadian voters are a forgiving lot. The assumption by Liberal government strategists that most will not be inclined to punish Trudeau for breaking a promise that never ranked high in the electorate's list of priorities is probably right.

After all, a plurality of Canadians did not hold it against Jean Chrétien that he broke the more central promise to replace the GST.

There are parallels. Both commitments were shiny Liberal platform objects that turned out to be little more than cheap props. Plus ça change!

Face it: Politics and pigskin come as a pair



Vicky Mochama
Metro

For the first time, I'm ever-so-slightly cheering against my own team. I am a New England Patriots fan and even I have to admit this amounts to being a Trump supporter.

In late 2015, a reporter noticed that Patriots quarterback Tom Brady had a Make America Great Again hat in his locker. When asked if he thought Trump would make a good president, Brady said, "I hope so. That would be great." He has since been banned from talking about politics by his wife, Gisele Bündchen.

Despite what Gisele wants, football is inseparable from politics and always has been. From the civil-rights actions of players in the '60s to today's issues around domestic violence and concussion science, the politics of the pigskin reflect the politics of the day.

The Patriots are owned by Robert Kraft, an ardent Trump supporter. And head coach Bill Belichick, though unwilling to say it out loud, is enough of a fan that he sent Trump a letter of support. The man barely speaks to media; what is he doing writing a whole letter?

When I would explain where the Patriots fandom lies in the football landscape, I used to say, "It's like cheering for Scar in the Lion King." Since the team's leadership is firmly pro-Trump and bound for another Super Bowl, I'll probably add, "Now imagine

if Scar won the Electoral College but not the popular vote."

I get even more distraught when thinking about the opposing team: the scrappy Atlanta Falcons. Where the Pats are rooted in white Bostonian culture, the Falcons are a reflection of Atlanta's rich black life. Michael Vick, a former quarterback, wrote for Players, "... it meant a lot to me to be able to give the black kids of Atlanta their very own black quarterback."

Arthur Blank, the Falcons' owner, is noted for his philanthropy and generosity to Democratic Party causes. He's also Jewish, and recently criticized Trump for omitting Jews from his Holocaust remembrance message.

There's not even a break from politics during commercial breaks. Budweiser's Super Bowl ad shows the immigrant origin story that led to the creation of beer giant Anheuser-Busch InBev. (InBev came much later via mergers and acquisitions. I look forward to that commercial.) A handful of others carry a political message: KIA would like you think about the environment. Audi has some questions about gender equity (the answer is: buy an Audi); even GoDaddy winks at women in tech.

In its loud, contradictory and hyper capitalist way, the Super Bowl distills the complicated nature of our politics. Every day we vote with our choices. So sometimes, in cheering for the Patriots, I, like many, find myself rooting against my interests.



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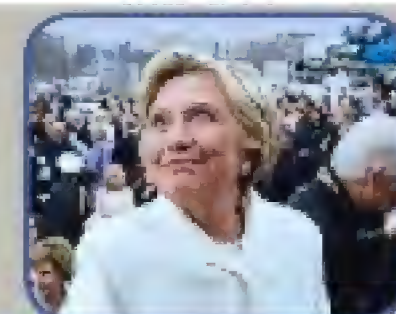
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A GUIDE TO TELEVISION ZOMBIES

The Walking Dead's return is a week away, but here's something to sate your appetite, zombie fans: **Netflix's Santa Clarita Diet**, dropping Friday. Drew Barrymore's suburban realtor mom with a gory secret is the latest addition to the ever-growing roster of TV's undead. **Here's a primer on five shows to catch this year with varying degrees of humour, heart and braaaaaains.** Minor spoilers follow. **EVA LAM/METRO**

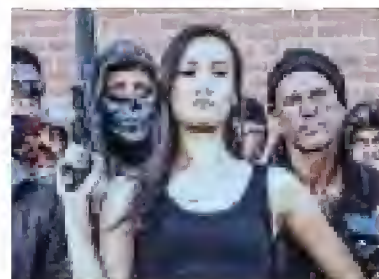
The Walking Dead (AMC)

What's the zombie science? The z-word is never used: biter, the infected and, oddly, geek are other sobriquets. Every human is infected with a virus that reanimates them after death, unless the brain is destroyed. We may never know the whole story; creator Robert Kirkman said defining the outbreak's origins isn't a priority. **How traditional are the zombies?** Like the gold-standard Romero zombie, walkers are relatively slow and not terribly intelligent. While the undead present a very real danger, TWD's various human villains drive home the message that Man Is The Real Monster, which makes this series ideal for fans of: Night of the Living Dead, 28 Days Later. **Mid-S7 premieres Feb. 12.**



Z Nation (Syfy)

What's the zombie science? The Centers for Disease Control-dubbed ZN1 virus is responsible for turning the world into a zombie wasteland, and as with TWD, only brain trauma can kill a victim. A sole human, a prisoner named Murphy, appears to be immune to infection three years after the initial outbreak. **How traditional are the zombies?** Hey Walking Dead, Z Nation sees your melted walkers and raises you irradiated zombies and zombie-plant hybrids. Aside from these fancy outliers that appear in a few episodes, the zombies of Z Nation are generally faster than those of TWD, especially when they are "fresh." And without giving too much away, did someone say zombie telepathy? **For fans of:** Resident Evil, From Dusk Till Dawn. **S4 premieres later this year.**

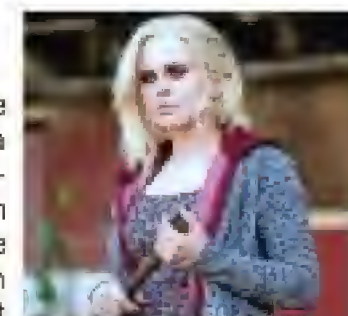


Santa Clarita Diet (Netflix)

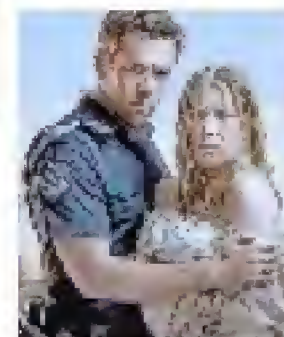
What's the zombie science? Drew Barrymore's Sheila Hammond has an epic pukefest, dies and wakes up craving tasty human flesh. The "why" isn't entirely clear but hey, on to the wacky hijinks. **How traditional are the zombies?** Sheila's no shambling, dead-eyed ghoul. She resurrects with heightened energy and confidence; as she perkily tells her concerned yet supportive husband Joel, she may eat people but she "can also parallel park in one move now." **For fans of:** Dexter, United States of Tara. **Series premieres Feb. 3**

iZombie (The CW)

What's the zombie science? This is one sports drink that should come with a whopper of a warning: The popular in-universe Max Rager beverage, taken in combination with a street drug, has the side effect of zombie-ism. Humans can also be turned through sexual contact or a scratch, the latter being how our hero Liv Moore becomes iZombie. **How traditional are the zombies?** Liv craves brains, and if she goes without for too long she becomes dumber and more aggressive. Liv finds a steady source of non-living brains through her job at the medical examiner's office. Each brain she eats gives her the person's memories and personality for a short time, and like an undead Nancy Drew she uses her newfound powers to help solve the person's murder. **For fans of:** Veronica Mars, Dead Like Me. **S3 premieres April 4.**



Glitch (Netflix)



What's the zombie science? The mystery behind the resurrection of a group of strangers in the fictional Australian town of Yoranna is a major plot point. Hints are dropped about the involvement of a shady pharmaceutical company as a police officer and a doctor investigate the events. **How traditional are the zombies?** The risen notably do NOT crave brains and other than some initial confusion and amnesia appear to be in perfect health, whether they've been dead for two years or 200, with all their original personality and skills, including, in one character's case, playing the piano. They're preoccupied with all-too-human matters like love triangles and estate disputes. **For fans of:** The Returned, The OA. **S2 premieres later this year.**

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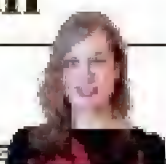
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Lewis examines the Undoing of us

NON-FICTION

Newest book an unofficial prequel to Moneyball

Sue Carter
For Metro Canada



A young woman is brought into Toronto's Sunnybrook Hospital following a traumatic head-on car crash on Highway 401. When her heart rate suddenly becomes erratic, the doctors come to the immediate diagnosis that it's related to a pre-existing thyroid condition.

Just as they're about to treat the woman, another doctor, Don Redelmeier, stops the medical team, asks them to slow down and statistically look at other causes for her distress.

If it wasn't for his intervention, the woman's collapsed lung would have been missed, and she most likely would have died.

This isn't a story from a medical journal, but a scene from Michael Lewis' new book, *The Undoing Project: A Friendship*

That Changed Our Minds, about Israeli psychologists and behavioural economists Daniel Kahneman and Amos Tversky, who wrote groundbreaking studies about the inherent flaws in human decision-making, and why leading with your gut instead of numbers can result in critical errors in judgment.

Although Kahneman won a Nobel Prize for his research, Lewis refers to Toronto's Redelmeier, who worked with the psychologists on several studies, as the "unsung hero" of *The Undoing Project*.

"He was central to my ability to write this thing. He kept me interested even when I wasn't," says Lewis. "He's a national treasure."

In fact, Lewis — whose non-fiction titles *The Big Short*, *Moneyball*, and *The Blind Side* have been adapted into Hollywood blockbusters — envisions the scene with Redelmeier as the opening to the future film adaptation of *The Undoing Project*.

While researching the book, the best-selling Californian author made two trips to Toronto to spend time with the doctor; a brief stint compared to the eight years he spent "chasing

Kahneman," who was initially reluctant to become Lewis' latest subject, worried his story would dominate that of his longtime partner. Tversky died in 1996, but Lewis spent a lot of time interviewing his family and colleagues, too. "It was a story that wasn't all in one place. Everyone had bits and pieces," Lewis says.

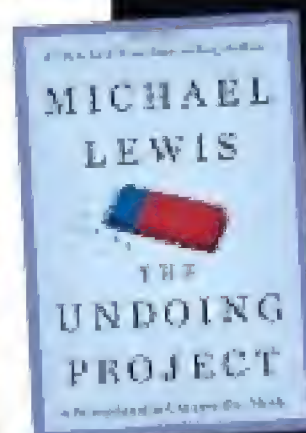
"The pieces were scattered across the academic world, and the academic world is everywhere. It was labour intensive."

Lewis calls *The Undoing Project* an unofficial "prequel" to *Moneyball*, his investigative account into the Oakland Athletics' general manager Billy Beane, and his pursuit to build a winning baseball team using computer-generated analytics.

This new book opens with sports, too — here, Lewis looks at errors in the way some ill-informed NBA teams and agents have recruited basketball players based on industry-accepted stereotypes, and how Kahneman and Amos Tversky's findings about how our minds work are still relevant, 40 years later.

The pieces were scattered across the academic world, and the academic world is everywhere. It was labour intensive.

Michael Lewis



Over his journalistic career, Lewis has faced some tough subjects, and gained unparalleled entry into secreted (and occasionally corrupt) worlds like the Wall Street trading floor. GETTY IMAGES

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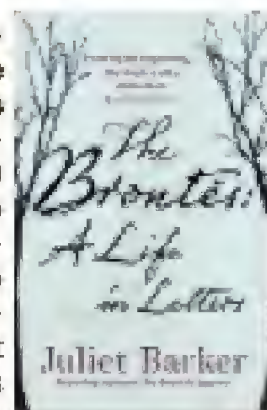
metro

4 BOOKS THAT HELP CELEBRATE CREATIVE WOMEN

From prolific writers, to an acerbic comic and a queen of cuisine, these engrossing reads focus on famous female trailblazers. TORSTAR NEWS SERVICE

The Brontës

The Brontës: A Life in Letters was published 20 years ago as a companion to The Brontës, Juliet Barker's prize-winning biography, and has been reissued to commemorate the bicentennial of the births of sisters Charlotte, Emily and Anne. The letters provide an immersive experience in understanding how they worked together to give their storytelling genius to the world.



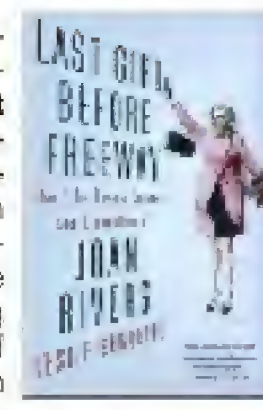
Julia Child

Alex Prud'homme, the grandnephew of Paul Child, Julia's diplomat husband, collaborated with her on *My Life in France*, the 2006 memoir that he completed after she died in 2004. **The French Chef in America** describes the quarter-century after her return from France, where she morphed from "the French chef," teaching Americans how to cook, into a celebrity in her own right.



Joan Rivers

Leslie Benettes begins **Last Girl Before Free-way** with Joan Rivers, at age 54, sitting on a bed with a gun in her lap. She'd lost her late-night talk show, lost her mentor, Johnny Carson, lost her husband, Edgar, who had killed himself, lost Melissa, her daughter, who blamed Rivers for her dad's death. But instead of using that gun, she drew on perseverance, hard work and comic genius.



Margaret Wise Brown

Margaret Wise Brown wrote *Goodnight Moon* and *The Runaway Bunny*, those ubiquitous children's picture books. She died too soon, at age 42, but seems to have lived a privileged, enviable existence during her short life. **In The Great Green Room** delves into her love of parties; intense affairs with both men and women; and her life as a prolific author.



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Inside the secret doors of old Montreal



INTERVIEW

Heather O'Neill mixes modern issues in sultry, classic setting

Sue Carter
For Metro Canada



Heather O'Neill was raised on stories about Montreal's seedy underworld, thanks to her father, who grew up in the Quebec city during the Depression. While most of North America was dry under Prohibition law, 1930s Montreal gained a well-founded reputation as a sin city where the alcohol still flowed and the riotous fun ran past dawn. St-Laurent Boulevard was lined with vaudeville cabarets drawing in some of the world's biggest acts, while St-Catherine Street attracted crowds of both locals and tourists, not to mention the American military, there looking for a good time.

"There were brothels and secret doors, and booze and drugs," says O'Neill. "It was notoriously wild." The port cleaned up some-

what at the end of the 1940s after the American Navy threatened to stop its soldiers from docking because too many of them were coming home with venereal diseases, but the city of saints never lost its appeal as a party destination.

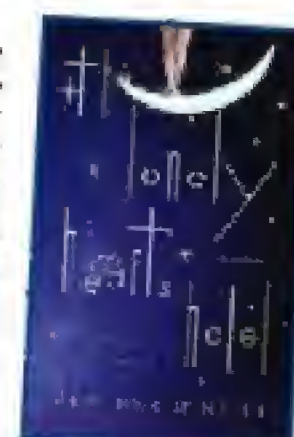
O'Neill was first inspired to write about the era's grit and glam while in her early twenties. She became preoccupied with the idea, hoping to turn her various sketches of gangster-like characters into a book, but felt it was beyond her abilities then as a young writer. And so she filed her stories away in the proverbial drawer, and continued on with other projects, including her 2006 award-winning debut novel *Lullabies for Little Criminals*, which established O'Neill as a fresh, exciting new voice in CanLit and a successor to Mordecai Richler as Montreal's literary patron saint. After finishing her second novel, 2015's Giller Prize-shortlisted *The Girl Who Was Saturday Night*, O'Neill decided take another crack at another story set in early 20th-century Montreal with her new novel, *The Lonely Hearts Hotel*.

The book follows the troubled

lives of two orphans, Rose and Pierrot, raised in an orphanage by malevolent nuns who viciously abuse them in horrifying ways. But the two rise above the violence, connected through some kind of otherworldly energy that especially sparks when Rose performs her mesmerizing dances accompanied by Pierrot's piano. The two are separated for years, but reunite to fulfill a childhood dream of creating a magical circus performance — a revue filled with smart-talking showgirls and sad clowns.

While the novel could be easily read as a love story or a modern fairy tale, *The Lonely Hearts Hotel* also draws on existentialism and post-modern feminist thinking, mostly emerging through Rose's radical thoughts and forceful nature, which never wanes despite the desperate situations she encounters throughout her young life.

"I applied darker observations that I've had as a woman in the



world," O'Neill says. "So many of the issues that we're facing now are exactly the same. It's so frustrating."

Although she reaches back in time, *The Lonely Hearts Hotel* also features many of what have become O'Neill's signature themes and character types. There are plenty of drugs and sex. There is unrelenting

poverty and heartbreak, gangsters and prostitutes, and an eccentric cast, whom despite their flaws, readers can't help but root for. While O'Neill's previous novels both featured complex familial relationships, for this book she was drawn to the idea that people without blood ties could form their own family, and be free to imagine their own histories, regardless of where they came from.

"I like the idea of characters writing their own narratives, who previously had no narratives," O'Neill says. "They have the ability to write their own past."

Sue Carter is the editor at Quill & Quire magazine.

Heather O'Neill was eager to return to the environment of early 20th-century Montreal and does so with relish in her new novel, *The Lonely Hearts Hotel*. SUPPLIED

Queen Bey can lift veil on mom issues

OPINION

Pregnancy is awesome news — and a good time to reflect

Melita Kuburas and Genna Buck
Metro Canada

Beyoncé is about to become an even busier mom: The superstar announced Wednesday she is pregnant with twins, expanding her family with husband Jay Z and daughter Blue Ivy.

Beyoncé is known for her activism — she has sampled a rousing speech on feminism by writer Chimamanda Ngozi Adichie in *Flawless*, criticized police brutality, and also campaigned for Hillary Clinton. So here are four critical maternal-health causes that could benefit from having Queen Bey sprinkle her unique influence and impact on them:

1) Global maternal health

The number of maternal deaths globally per year has gone down an astonishing 45 per cent since 1990, even as the population grew by 2 billion people. But that progress is fragile, and could be jeopardized by the strict conditions President Trump has ordered upon U.S. family planning funding in the developing world.

2) Vaccination

Celebrity support — mostly from



Beyoncé announced her pregnancy on Instagram. INSTAGRAM

Z-listers like Jenny McCarthy — has fanned the flames of anti-vaccination conspiracy theories, lending them legitimacy and leading to real-world consequences, like the resurgence of measles and whooping cough in North America. One Instagram photo of Bey and the twins getting their shots could help turn the crazy train around.

3) Parental leave

The United States is still the only industrialized country with no guaranteed paid maternity leave. Queen Bey could use her privileged position to advocate for women — especially low-income and minority women — who get by with a whole lot less.

4) Breastfeeding

The pressure to conform to “breast is best” ideology because of breastfeeding’s health benefits has led to a brutal battle in the ongoing mommy wars. If Beyoncé opened up about her own nursing, or made a point to support women no matter how they choose to feed their babies — she could go a long way to healing the rift.

Yes, we recognize this multi-hyphenate woman will have a lot to worry about with a new brood and thriving career. But on Instagram she has already shown she celebrates the beauty and power of a pregnancy, so we think Beyoncé would approve of using this opportunity as another reminder of women’s health, and how it’s under threat under the current U.S. presidency.

BOOK BRIEFS

Sadder by the sequence

Wilson

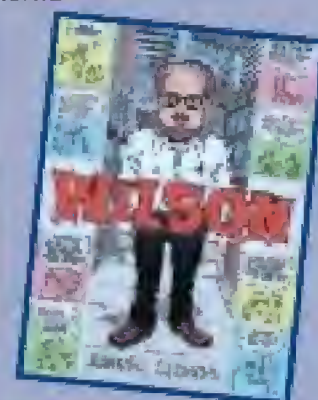
By: Daniel Clowes; **Publisher:** Drawn and Quarterly; **\$19.95; 128 pages**

Wilson’s hard to like, but easy to relate to. That’s the cleverness of creator Daniel Clowes.

This slice-of-obnoxious-life cartoon book is getting a new edition from D&Q this month, in time for the movie version, starring Woody Harrelson and Laura Dern, which is due out on March 24.

In the book, the story plays out in newspaper-style single-page cartoon, each a vignette from the life of a middle-aged loner. Many of the little gag strips are laugh-out-loud funny, as Wilson floats through unremarkable locations, engaging with people (whether they like it or not) to tell them why they’re wrong.

But — and this is the clever bit — the story that ties together while reading these strips in sequence is sadder. Wilson seems funny, no-nonsense and iconoclastic, but then there’s the slow realization that he’s horrible, and unhappy, and flawed. It’s all great stuff. MIKE DONACHIE/METRO



JOHANNA SCHNELLER
WHAT I’M WATCHING



Giovanni Ribisi’s Pete is sneaky but not truly bad. CONTRIBUTED

It’s good...but it’s not Breaking Bad

THE SHOW: Sneaky Pete, Season 1, Episode 4 (Amazon)

THE MOMENT: The nine-minute monologue

Con man Marius (Giovanni Ribisi) owes money to bad, bad Vince (Bryan Cranston, who co-created the series). But Marius is hiding in Connecticut under the alias Pete (hence the title). To punish Marius, Vince is about to chop a digit off Marius’s brother Eddie (Michael Drayer). (Note to actors in crime dramas: beware playing Eddies. Eddies rarely win.)

Vince’s gorgeous girlfriend and four henchmen gather for the deed. But first, Vince spins a story that lasts nine minutes: When he was a rookie cop, his experienced partner Lonnie told him to break the arm of Terence, a teenage repeat offender. Vince couldn’t do it.

Years later, Terence killed a cop. Lonnie took Vince to a desolate field, where other cops had dug a grave. Terence, badly beaten, knelt on the edge. Lon-

nie pressed a gun into Vince’s hand and whispered in his ear, “Okay, motherf*cker, you broke it, you bought it.”

This is the kind of silky-menace speech that actors live for. Everyone else in the room stands rigid, silently listening, while you purr around, pour yourself a drink, sit down, stand up, talk into people’s faces, then gaze off. Viewers know Vince is going to hand the bolt-cutters to a henchman with that exact same line.

But it’s strange watching Cranston do this here, since his previous series, *Breaking Bad*, mastered these scenes and then went beyond them, to places more kinetic and less predictable.

Nine minutes gives us plenty of time to wonder what Vince Gilligan’s writing room would have worked up.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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YOUR MONEY

With some easily applied steps, you can return to the investing game

Liz Bruckner

We get it: saving can be hard. Factor in the skyrocketing cost of basic life necessities, and it's little wonder that a growing number of Canadians have a less-than-positive outlook about their financial futures.

"As a society, there's been a shift in terms of what is and isn't affordable," says Lisa McConnell, a financial advisor for Sun Life Financial. "Job security isn't what it was, health benefit packages are becoming scarce, and expenses are continually on the rise. It's fair to say that people feel like they can't bank on the future as they have in the past."

Case in point: A survey from 2007 cited 37 per cent of Canadians anticipating that would not be able to afford their lifestyle in 2017. Fast forward to today, where a follow-up study found that 37 per cent of participants felt they've had to cut back on purchases, and an additional 39 per cent expressed concern that they'll likely have to cut back on their spending more significantly by 2027.

"When I try to imagine my financial future, I foresee a lot

of challenges," says 22-year-old university student Sara Whetung. Currently a full-time student studying Indigenous Studies at Trent University in Peterborough, Ont., Whetung cites the lack of job security upon graduation as her biggest concern, with paying off school-related debt, being able to afford to buy a home, and potentially going back to school for a second degree as additional concerns. "As much as I'm currently trying to balance my finances and train myself to keep necessities important and my list of 'wants' low on the priority list, it's a very difficult process," she says.

Not surprisingly, Whetung is not alone. Because Canadians are generally pessimistic about the rising cost of inflation, are underwhelmed by their salaries, and have limited funds with which to save for retirement, studies are showing that they're also not contributing to RRSPs and investments as in prior years. In fact, 35 per cent of those surveyed don't contribute at all, while 29 per cent feel indifferent

about the process.

"As a financial planner in today's market, it's very common to meet people who feel less than inspired about their financial futures," says Laurell Mohammed, manager of corporate and public affairs for TD Bank Group.

So what's the best way to get into — or return to — the investment game? First things first: Be honest about your goals. "It's the most integral part of the process because you need to understand what you want to do with your money, why these goals are important to you, and what sort of time frame you hope to attain them in," Mohammed says. "Speaking to a financial planner is key because once they understand your dreams for the future, they can more accurately help you develop a plan to help those goals come to fruition."

Next on the agenda: Kicking off the saving process. Take a look at everything — yes, every single thing — you spend money on in a month, suggests Mohammed. Then, identify and limit impulse spending, and work to eliminate discretionary items that aren't a necessity.

Finally, once you've committed to the investing process, keep your focus. Mohammed and McConnell agree that saving and staying in the investment mindset is easier when you keep your goal(s) top of mind. "Regardless of how much capital you're able to contribute, the point is to start, and once you've done that, you need to narrow your view on tangible and realistic goals," says Mohammed.

“It's very common to meet people who feel less than inspired about their financial futures

Laurell Mohammed,
manager of corporate and
public affairs for TD Bank
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VICTORY AND VENTURE IN BRIDGELAND

CONTRIBUTED

Project overview

To make smaller living smarter, efficient design elements must be space-savvy and sophisticated and that's where Victory and Venture excels. Style, design, quality and high-end finishings highlight this unique project that combines post-modern sophistication with modern and retro elements.

Housing amenities

The amenities were built to encourage a sense of community and healthy living with rooftop patios, a courtyard and a fitness centre, which are shared multi-use spaces that are open and connected to the outdoors. The landscaped courtyard brings nature to the space while a glass walkway connects the two buildings.

Location and transit

This home is conveniently located within walking distance of Calgary's inner city, yet quietly removed by a buffer of matured trees and a wind-blown grassy river bank. This unique combination of urban and small town feel can be experienced by those living in Bridgeland. For commuters, the C-Train can be readily accessed via the Bridgeland Station.

In the neighbourhood

Bridgeland is a great inner-city community with its proximity to downtown, shops and restaurants, independent merchants like Bridgeland Market and Luke's Drug Mart, friendly neighbourhood and eclectic vibes, and its surrounding beautiful natural landscape.

KRISTA SYLVESTER/FOR METRO

+ NEED TO KNOW

What: Victory and Venture in Bridgeland
Builder: The Providence Group
Location: Bridgeland, corner of Edmonton Trail and 4 Ave N.E.
Building: V&V is a two-building, four storey wood-frame development
Sizes: 470 sq. ft to 1010 sq. ft

Pricing: \$259,000 to \$479,000
Suites: One bed with one bath, two bed with one bath, two bed with 2.5 bath
Status: Move-in ready
Email: info@victoryandventure.com
Phone: 587-433-4416
Website: victoryandventure.com

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What's hot on the market

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The Guardian by Hon Towers: The Guardian is transforming Victoria Park with its one and two bedroom tower condos starting at \$278,900 and up. Visit the Presentation Centre at 456 - 12th Avenue S.E. to catch a glimpse of these beautiful panoramic views.

2 NOW SELLING

Avenue West End by Grosvenor: These one and two bedroom condos feature engineered hardwood flooring, sleek-sized appliances and air conditioning for year-round comfort — and so much more. Check out the Presentation Centre at 1037 5th Ave. S.W. to find out more.

3 FINAL SELLOUT

The Alex Courtyard Lofts by Assured Communities: Don't miss your last opportunity to live in this inner city project located at 1611 - 28 Ave. S.W., just moments from downtown. Contact 403-512-6822 to schedule a viewing.

KRISTA SYLVESTER/FOR METRO



Shapovalov adapting to life as a pro player

TENNIS
Ankle injury, life on the road have challenged 17-year-old

Denis Shapovalov's transition to professional tennis hasn't come without its struggles. An ankle injury suffered last fall while training made the 17-year-old Canadian prospect wonder whether turning pro was the right move. Shapovalov had even entered into the junior tournament at the Australian Open in hopes of getting some more playing time. But after chatting with his team, it was decided that there wasn't any point in going back to the junior ranks. "If I commit to pros, I really got to stick to it and I think it was a good decision," Shapovalov said in a phone interview from Ottawa, where he's preparing for this weekend's Davis Cup World Group tie against Britain. Shapovalov, from Richmond Hill, Ont., originally decided to jump from juniors to the pros after winning the Wimbledon boys singles title last July. Increased travel demands, however, have resulted in Shapovalov being home for only a few days so far this year. "Obviously it's tough, missing my parents, family in general but I'm getting used to it,"



Denis Shapovalov is currently ranked No. 234 in the world. JUSTIN TALLIS/AFP/GETTY IMAGES

Shapovalov said. "It's the life and hopefully I'll get some time to go home maybe for a week or a bit to catch up on things." Shapovalov, currently ranked No. 234 in the world, broke into the spotlight in 2016. Along with the Wimbledon victory, he shocked current world No. 15 Nick Kyrgios in the first round of the Rogers Cup in Toronto and earned a Davis Cup singles victory in his debut against Chile in September. Shapovalov has carried that momentum into this year and

already has a victory over Pierre-Hugues Herbert of France, then ranked No. 76, in the round of 16 at the East Hotel Canberra Challenger in Australia. The southpaw underwent a coaching switch in the off-season, splitting with Adriano Panatta, who he had worked with for over four years. Canadian Davis Cup captain Martin Laurendeau was hired as his replacement. Though Laurendeau praises Shapovalov's ability, he cautioned that the teenager is currently in a key transition period.

"It's where they either make it or break," Laurendeau said. "It's not a given that if you're a top junior in the world that you automatically become a top player in the men's game. You have to be patient and disciplined and just go through the steps and just make sure we manage that career carefully with wild cards. You don't have to speed up somebody so fast that you burn some steps, but you don't want to hold him down either so it's always a fine balance and that's the challenge." THE CANADIAN PRESS

CFL Stampede re-sign Canadian D'Aguilar

The Calgary Stampede have re-signed Canadian defensive lineman and special-teams player Ben D'Aguilar. The four-year veteran had been eligible to become a free agent on Feb. 14.

D'Aguilar appeared in all 18 regular-season games for the Stampede in 2016 and he recorded nine special-teams tackles, two defensive tackles and a fumble recovery. In 49 career games over four seasons for Calgary, D'Aguilar has amassed 35 special-teams tackles, four defensive tackles, one forced fumble and three fumble recoveries. "Ben has been an important contributor to our special-teams

units since joining the Stampede and we are pleased to have him back," said president and general manager John Hufnagel in a statement.

Ben has been an important contributor to our special-teams units since joining the Stampede and we are pleased to have him back.

John Hufnagel

D'Aguilar was selected by Calgary in the second round of the 2013 CFL draft and he joined the team that year. The former McMaster University standout was the 2012 winner of the J.P. Metras Trophy as the top lineman in Canadian university football. "Calgary is my city," said D'Aguilar. "I found my family here and I found myself. I just love coming into the locker-room every day and seeing the guys. They're more than just teammates, they're friends." THE CANADIAN PRESS

IN BRIEF

Manchester City imposes its will on West Ham
Gabriel Jesus marked his full Premier League debut with a goal and an assist as Manchester City's new-generation attacking machine tore through West Ham in a ruthless 4-0 Premier League victory on Wednesday. Meanwhile, Manchester United was held 0-0 by Hull. THE ASSOCIATED PRESS

Blues fire Hitchcock
The Blues abruptly fired coach Ken Hitchcock on Wednesday, cutting short the veteran's final season in St. Louis and putting coach-in-waiting Mike Yeo in charge of the underperforming team months earlier than planned. St. Louis went just 5-8 in January and have a record of 24-21-5. THE ASSOCIATED PRESS

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Brady and Belichick's secret recipe

SUPER BOWL

Ex-Patriot Sam says it's their desire to prove themselves

They're pro football's dynamic duo, the crusty head coach and ageless quarterback, chasing yet another Super Bowl title.

But former Patriots receiver P.K. Sam believes it's a burning desire to constantly prove themselves that sets New England's Bill Belichick and Tom Brady above the rest in the NFL.

"It's a rare case of two people being on the same page," Sam, also a former CFL player, said via telephone. "They both had a lot to prove and I think they just came together and said, 'No matter what, we're going to do this.'"

"It's something I don't think we'll see again in our lifetime."

Belichick became New England's head coach in 2000, five years after being fired by the Cleveland Browns. Brady, now 39, arrived months later as a sixth-round draft pick despite a 20-5 record as a two-year start-



Tom Brady and Bill Belichick continue to make history as a QB-head coach tandem in New England. BILLIE WEISS/GETTY IMAGES

er at Michigan. They'll make a record seventh Super Bowl appearance together Sunday when New England faces the Atlanta Falcons. A win would be their fifth, the most for a head coach-quarterback tandem.

The six-foot-three, 210-pound Sam knows a thing or two about Belichick and Brady. The former Florida State receiver was a 2004

fifth-round pick by New England and spent two seasons there, receiving a Super Bowl ring as a 21-year-old rookie. Since '01, New England has the NFL's most regular-season (196), playoff (24) and Super Bowl wins (four). Belichick and Brady have been a constant for a franchise forever tweaking its roster.

Sam, 33, appeared in two of

New England's first five games in 2004 before going on injured reserve with a groin injury. Sam said he locked horns with Belichick about the move because it cost him roughly US\$70,000 in salary and Sam felt he couldn't've returned later that season.

Sam went to the reserve/suspended list in January 2005 after violating team rules. He wasn't

with the Patriots when they beat the Philadelphia Eagles 24-21 in Super Bowl XXXIX.

"What people don't know was back in my day if you were drafted after the third round, you had what was called a split contract," said Sam, now working in IT sales in Dayton, Ohio. "If you went on IR, your contract was split in half. 'It was a case of me standing my ground and obviously he stood his. But I took it too far, I made a mistake and showed up late one day and that was kind of the final straw.'"

Sam also played for Cincinnati, Oakland, Miami and Buffalo as well as Toronto (2008-09, 2011) and Calgary (2010) in the CFL. He remained upset about the New England suspension until 2012 when while listening to a radio program he heard someone say, 'Until you wish success for people, you yourself will never receive it.' That prompted Sam to write an

apology to Belichick, stating he hoped one day they could meet and shake hands. That happened months later at the Super Bowl in Indianapolis where the Patriots lost 21-17 to the New York Giants.

Sam wrote Belichick again last week but his letter was aimed at Patriots players. "I'm not sure he'll have time to read it to them," Sam said. "It's to the younger guys."

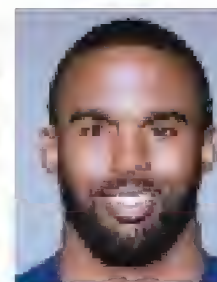
"It doesn't matter if you're on IR or the practice squad, you're still part of the team and your actions can help or hurt the team going into Super Bowl Sunday."

Time has given Sam a new perspective on Belichick's tough-love approach. "It's difficult when you're young but as an older guy now what he teaches you lasts beyond football," Sam said. "Accountability and the slogan that's become famous and attached to his name: 'Just do your job.' That's life. THE CANADIAN PRESS

“

It's a rare case of two people being on the same page.

P.K. Sam on Brady and Belichick.



P.K. Sam

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MAKE IT TONIGHT

Budget-friendly Spiced Flank Steak with Chimichurri Sauce

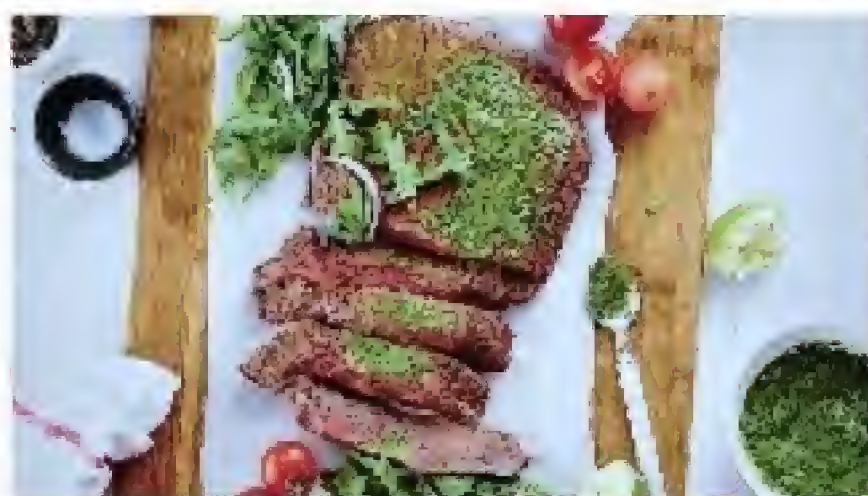


PHOTO: NANA WISNET

Ceri Marsh & Laura Keogh
For Metro Canada

- 2 tsp lime juice
- 1 Tbsp white wine vinegar
- 1 tsp anchovy paste
- 1/2 tsp salt
- 1/8 tsp pepper

This recipe features inexpensive flank steak with an herb sauce that packs five-star flavour.

Ready in 25 minutes

Prep time: 10 minutes

Cook time: 15 minutes

Serves 4 to 6

Ingredients

- 1 beef flank steak (900 kg)
- 1/2 tsp salt
- 1/2 tsp coriander
- 1/2 tsp cumin
- 1/4 tsp oregano
- 1/4 tsp pepper
- For the Chimichurri**
- 1/2 cup packed fresh basil
- 1/2 cup packed fresh flat-leaf parsley
- 1/2 cup packed fresh cilantro
- 1/4 cup extra-virgin olive oil
- 1 clove garlic, roughly chopped

Directions

- 1.** For chimichurri: Place all chimichurri ingredients in blender. Process, shaking blender if necessary, until smooth. Pour into a serving bowl.
- 2.** For steak: Preheat broiler. Coat a broil pan with cooking spray. Combine salt, coriander, cumin and oregano and pepper, and sprinkle over both sides of steak. Place steak on pan and broil 4 minutes per side. Transfer to a cutting board and allow to rest 5 minutes. Cut against grain into 1/4-inch wide strips. Serve with chimichurri spooned on top and a fresh greens and sliced cherry tomatoes.

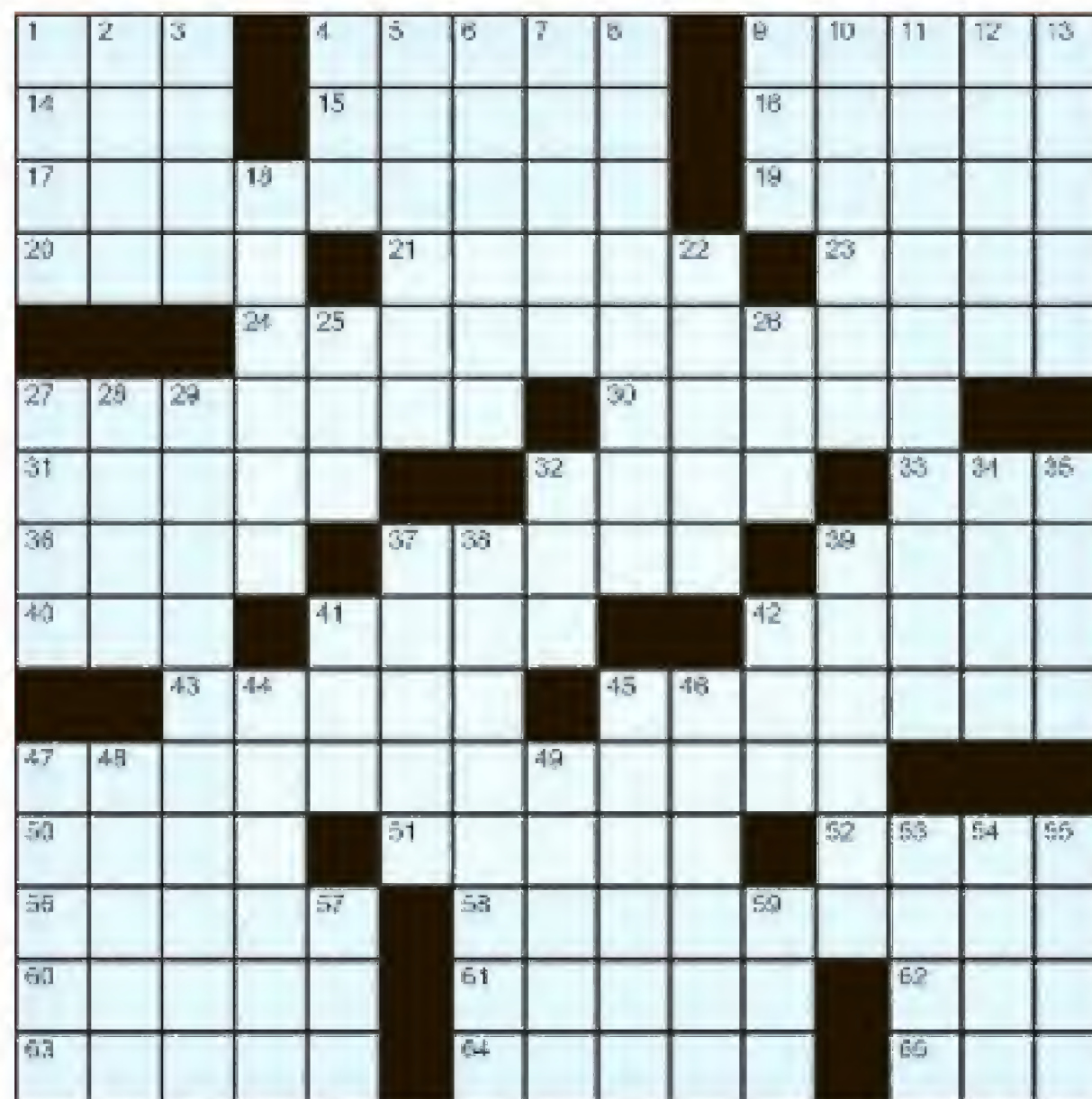
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Implore
4. Rice/sea-weed roll
9. Charming spots to sit and sip, such as in Old Montreal
14. Madonna movie role
15. 19th-century composer Mr. Bruckner
16. Toward the stern
17. Sleeping time in the army: 2 wds.
19. Montcalm's 1759 Battle of Quebec opponent
20. To boot
21. Seven-plus-One
23. "Sole Survivor" band
24. Town in southern Alberta about an hour west of Lethbridge: 2 wds.
27. Conquers
30. Chirpers
31. _ squash
32. Restaurant chain, with Bell
33. Strong little boat
36. "_ the Boss?"
37. Give a guess
39. Destiny
40. Negative word
41. Crooked
42. Fable's lesson
43. Bobby Hull's son
45. Detectives
47. Village in western Saskatchewan, sounds like a perfect place from the name: 2 wds.
50. Opposin'
51. Prometheus,



for one
52. Montreal's world fair in '67
56. Hostel
58. Secretly listen in on
60. Georgia who played Georgette on "The Mary Tyler Moore Show"

61. Put into heard words
62. Appropriate
63. Open court hearings
64. Mr. Towel
65. Go-ahead-er's answer

DOWN

1. "Dracula" (1931) name
2. Downright nasty
3. Practical jokes
4. Idled
5. Like a letter that never went into the mailbox
6. Ancient Greece: Followers of Zeno

of Citium
7. Dancer/actress/singer Julianne
8. A sure thing: 3 wds.
9. Cornfield cry
10. "All _" (Call from the train)
11. Runner's mistake on the track: 2 wds.

12. _ White, Jennifer Hudson's Oscar-winning role in "Dreamgirls" (2006)
13. Montreal _ Spice (Seasoning sort)
18. Dreamers
22. In the blink of an eye
25. Mr. Somerhalder
26. _-Magnon man
27. Aurora
28. Reverberate
29. Overpass for pedestrians
32. Famed tomb king, commonly
34. Beehive State
35. Hair salon goes
37. Comprehend: 2 wds.
38. Most fidgety
39. Broke a sports rule
41. _ & Breakfast
42. "Alice" diner operator
44. New York _, Mark Messier, once
45. Electric _ (Beard trimmer)
46. _ algebra
47. The _ Diet ("Cave-man" diet)
48. Suffering
49. Stage, as of a cycling event, in France
53. Hospital photo
54. Vatican bigwig
55. Chooses
57. "Desperate Housewives" cast member ...her initials-sharers
59. Sun's spot

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Your enthusiasm for something will make bosses and parents sit up and listen. Just make sure your ideas are doable and realistic. Nevertheless, enthusiasm is contagious!

Taurus April 21 - May 21
You're excited about big travel plans, because you want to go places! You also enjoy studying lofty topics and having profound discussions about philosophy, religion and politics.

Gemini May 22 - June 21
If you have to decide how to divide an inheritance or share something today, you will be more than generous. This is why you must be sure to take care of your own best interests.

Cancer June 22 - July 23
Conversations with partners and close friends are upbeat and friendly today. You're in the mood to schmooze and have fun!

Leo July 24 - Aug. 23
You have great ideas at work today because you are enthusiastic about something. You will find it easy to get others to climb on board and endorse what you want to do. Work-related travel is likely.

Virgo Aug. 24 - Sept. 23
This is a playful, fun-loving day! Make plans to socialize with others. Enjoy sports events, fun activities with children and romantic get-togethers. Have fun!

Libra Sept. 24 - Oct. 23
You have big plans today about future repairs for where you live. However, this also is a great day to have the gang over for good food and drink.

Scorpio Oct. 24 - Nov. 22
You are optimistic today. You're pondering big ideas and big projects. This is all well and good, but just make sure that what you want to do is doable.

Sagittarius Nov. 23 - Dec. 21
This is a great day for business and commerce. Whatever you do today could possibly boost your income, because you have moneymaking ideas.

Capricorn Dec. 22 - Jan. 20
Today Mercury is in your sign, dancing with lucky moneybags Jupiter. This makes you full of big ideas. Others will be attracted to your enthusiasm and positive frame of mind.

Aquarius Jan. 21 - Feb. 19
This is a pleasant day! Whatever you do, you will feel confident about the future and your upcoming plans. You value your privacy today.

Pisces Feb. 20 - March 20
This is a great day to hang out with younger people and have fun. You will enjoy interacting with clubs, groups and associations. You feel positive about your future goals.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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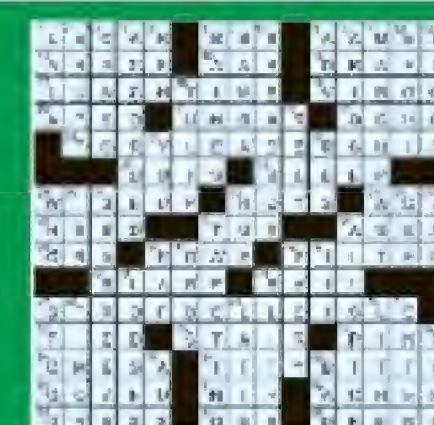
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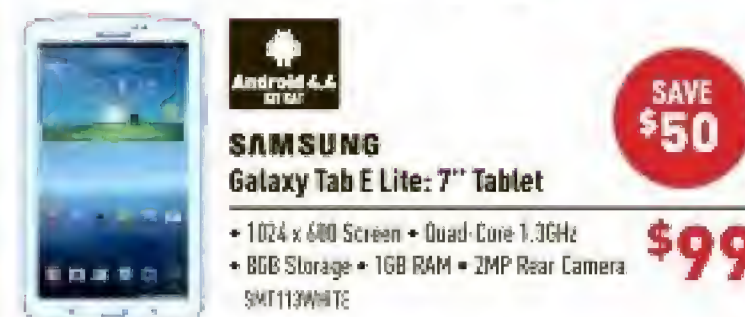


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